



BOWFLEX

TreadClimber

Service Manual



TC5300 • TC6000

P/N: 001-6890 Rev B (06/2007)

ATTENTION

**FOR DETAILED INSTRUCTIONS AND INFORMATION ON ASSEMBLY AND USE
FOR THE BOWFLEX® TREADCLIMBER®, MODEL TC5300 AND TC6000, FITNESS
MACHINE REFER TO THE ASSEMBLY AND OWNER'S MANUAL.**

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PRODUCT FEATURES



TC5300 Console Display



TC6000 Console Display



**Transport Handles, Incoming Power Plug,
and Main Power Switch**



Rear Step and Rear Moving Wheels



TC5300



TC6000

PRODUCT SPECIFICATIONS

Throughout this manual, all references to the left or right side, and to the front or back, are made as if you were on the TreadClimber® fitness machine, ready to exercise. For example, the power cord is plugged into the incoming power plug at the front of the base.

The dimensions and general specifications for the Bowflex® TreadClimber® fitness machine are as follows:

Physical Dimensions

Length	66 inches (168 cm)
Width	33 inches (84 cm)
Height	62 inches (157 cm)
Weight	350 pounds (147 kg)
Shipping Weight	393 pounds (178 kg)

System Capacities

Maximum Weight Capacity	300 pounds (136 kgs)
Speed	0.5 to 4.5 MPH (0.8 to 7.2 KPH)
Workout Resistance Levels	1 to 12
Warranty Length	See the Warranty section for full information. International Warranty information is included as an insert.

Component Specifications

Walking Belt	8.5 inches x 44 inches (21.6 cm x 112 cm)
Motor	0.5 hp continuous duty
Treadle Incline	10% Grade
Frame	Powder-coated steel
Operational Voltage	95 to 130 VAC 50 - 60 Hz
Operational Current	10A Max
Breaker	12A

Always use a 15A circuit with no loads. A short extension cord is permissible.

Regulatory Certifications



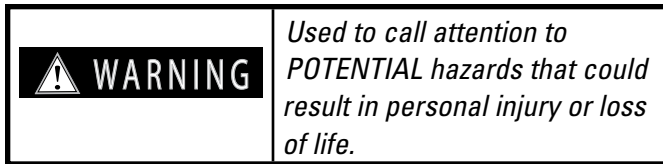
Meets UL 1647 and CSA 20.68.

Patent Information

U.S. and International Patents Pending

SAVE THESE INSTRUCTIONS

The following definitions apply to the word “Warning” found throughout this manual:



READ ALL INSTRUCTIONS BEFORE USING THE MACHINE.

1. Read, understand and carefully follow all warnings, instructions, and procedures on the Bowflex® TreadClimber® fitness machine, and in the Assembly Guide and Owner's Manual before using the TreadClimber® fitness machine. Pay particular attention to and test the Emergency Stop Procedures on Page 5 before use.
2. **CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM.** Only your physician can determine the exercise program that is appropriate for your particular age and condition. If you have not been exercising, are pregnant, have a heart condition, or any physical limitation, failure to consult your physician before engaging in physical exercise, such as using the Bowflex® TreadClimber® fitness machine, could result in serious injury or death. If while using the Bowflex® TreadClimber® fitness machine you have any pain or tightness in your chest, an irregular heart beat, shortness of breath, feel faint, light-headed or dizzy, have any pain or discomfort, STOP and consult your physician immediately.
3. Parents and others in charge of children should be aware that children, because of their natural play instinct and fondness for experimenting, may be tempted towards situations and behavior for which the equipment is not intended, with resulting damage to the equipment and injury to the children or others. Children's access to the equipment should therefore be controlled, and they should be instructed about the potential for personal injury and damage if they play with the equipment.
4. Inspect the TreadClimber® fitness machine for damaged, broken, worn, or loose components and then correct, replace, or tighten prior to use. The fitness machine can only be safely used when it is regularly inspected for damage or wear. Inoperable components should be replaced immediately or the equipment taken out of use until it is repaired.
5. Be careful when mounting or dismounting the TreadClimber® fitness machine. Do not stand on the Plastic Frame Covers or Drive Covers but always step directly onto the Side Foot Support Platforms. Never step onto the treadles at a high belt speed. Start your workout slowly and gradually increase to your desired workout speed.
6. The maximum speed of the TreadClimber® fitness machine is 4.5 MPH (7.2 KPH). Do not attempt to run on the TreadClimber® fitness machine, but keep your highest speed at a brisk walk.
7. Do not wear any loose or dangling clothing, or jewelry while using the Bowflex® TreadClimber® fitness machine. Always keep your hands, feet, clothing, etc. clear from beneath the treadles and from all moving parts. Never use your TreadClimber® fitness machine with the Plastic Drive Covers or Frame Covers removed.
8. Always wear rubber-soled athletic shoes on the TreadClimber® fitness machine. Never use the TreadClimber® fitness machine barefooted or wearing only socks.
9. Keep your foot centered on each treadle—do not allow your feet to cross in front of your body as you increase speeds.
10. Keep your hands on the support handlebars and stand as close to the front of the fitness machine as is comfortable in order to remain in balance on the treadles.
11. Never convert from or into treadmill mode while the belts are in motion, or the machine is powered up. Turn off power, unplug cord from wall outlet, line up the treadles, and then lock or release the treadle locking lever.

IMPORTANT SAFETY PRECAUTIONS

- 12.** Never adjust the Hydraulic Cylinder Workout Settings while belts are in motion. Step completely off of the TreadClimber® fitness machine, stop the belts, and turn the power off prior to adjusting.
- 13.** Maximum user weight for the Bowflex® TreadClimber® fitness machine is 300 pounds (136 kgs). For your safety, do not use or allow others to use the Bowflex® TreadClimber® fitness machine if they weigh in excess of 300 pounds (136 kgs).
- 14.** Make certain that observers stand clear of the Bowflex® TreadClimber® fitness machine when it is in use. Extra care must be taken when disabled persons or pets are nearby.
- 15.** Never allow children to use the Bowflex® TreadClimber® fitness machine unsupervised. To do so could result in injury. Before children are allowed to use the equipment, their mental and physical development should be taken into account through consultation with their doctor, who must approve any exercise program before a child attempts it. Children should be controlled and instructed on the correct use of the equipment.
- 16.** This equipment is under no circumstance suitable as a children's toy.
- 17.** For safety and security, when the TreadClimber® fitness machine is not in use, always lock the treadles and remove the Safety Key.
- 18.** Locate the TreadClimber® fitness machine on a clean, hard, level surface, free from debris, or other objects that may hamper your ability to move freely. Always use a rubber mat beneath the TreadClimber® fitness machine if used on a carpeted area, to ground it, to prevent static electricity discharge and to protect your flooring. Allow at least 19 inches (0.5 meters) on each side of the machine and 79 inches (2 meters) in the rear of the machine for dismount.
- 19.** Do not use your TreadClimber® fitness machine outdoors, on dirt floors, in a carpeted area or in any damp or wet location.
- 20.** Keep the surface of the TreadClimber® fitness machine dry and free from dust or moisture.
- 21.** Use only parts, attachments or accessories that are provided with the TreadClimber® fitness machine.
- 22.** Always connect the power cord to a circuit capable of handling 10 amperes with no other loads. Keep all cords away from heated surfaces.
- 23.** Always unplug the power cord from the fitness machine and wall outlet before removing or installing parts to avoid the risk of electrocution, shock or mechanical injury.
- 24.** Position the power cord alongside the Bowflex® TreadClimber® fitness machine, out of your way when you dismount the machine. Take care to avoid stepping on the power plug. Check cord and plug placement before beginning your workout.
- 25.** Always be gentle when plugging in and unplugging the power cord from the machine base.
- 26.** Never use the power cord if it has a damaged cord or plug, has been immersed in water, or is not working properly. Contact a TreadClimber® Representative to arrange for replacement of a damaged cord.
- 27.** Never drop or insert any object into any opening on the machine.
- 28.** Do not operate where aerosol (spray) products are being used.
- 29.** Do NOT attempt to move the TreadClimber® fitness machine without help, or from the rear of the unit. Doing so could cause injury to you or damage the machine.
- 30.** The TreadClimber® fitness machine is intended for individual consumer use only, and is not meant for use by institutions.
- 31.** The warning labels affixed to the TreadClimber® fitness machine contain important information about your safety. Always read and follow the Warning and Safety labels. Do not remove these labels. If at any time the warning labels become loose, unreadable or dislodged, replacements are available by calling a Nautilus Representative.
- 32.** Keep hands away from the Walking Belt and Deck unless specifically servicing the TreadClimber® fitness machine. Hands and fingers may become caught in the moving belt or between the treadles.

Safety Warning Labels

BEFORE USING YOUR PRODUCT: The following safety warnings are located in site specific areas on the Bowflex® TreadClimber® fitness machine. All locations are given as if you were standing on the fitness machine ready to exercise. Please read all safety precautions and warning information prior to using your product. Be sure to replace any warning label if damaged, illegible, or missing. If you do not have, or cannot find, or need to replace a warning label or product Owner's Manual please call 1-800-NAUTILUS (800-628-8458) to obtain a new label or new manual.

Label 1: "Warning: Obtain, read and understand the owner's manual provided with this fitness equipment prior to use.

Misuse or abuse of this equipment may lead to serious injury or death.

Keep children away. This equipment is intended for adult use only.

Replace this or any other warning label if damaged, illegible or missing.

Intended for consumer use only, not for commercial application. "

Location: Left side of the console on the inside of the tray.

Label 2: "Warning: Moving part can crush and cut.

Keep guard in place.

Lock out power before servicing."

Location: Beneath the rear step cover on the left side of the base assembly frame.

Label 3: "Danger: Hazardous voltage.

Contact will cause electric shock or burns.

Turn off and lock out power before servicing.

Location: Beneath the rear step cover on the right side of the base assembly frame.

Label 4: "Warning: Moving parts can crush and cut.

Keep guard in place.

Lock out power before servicing."

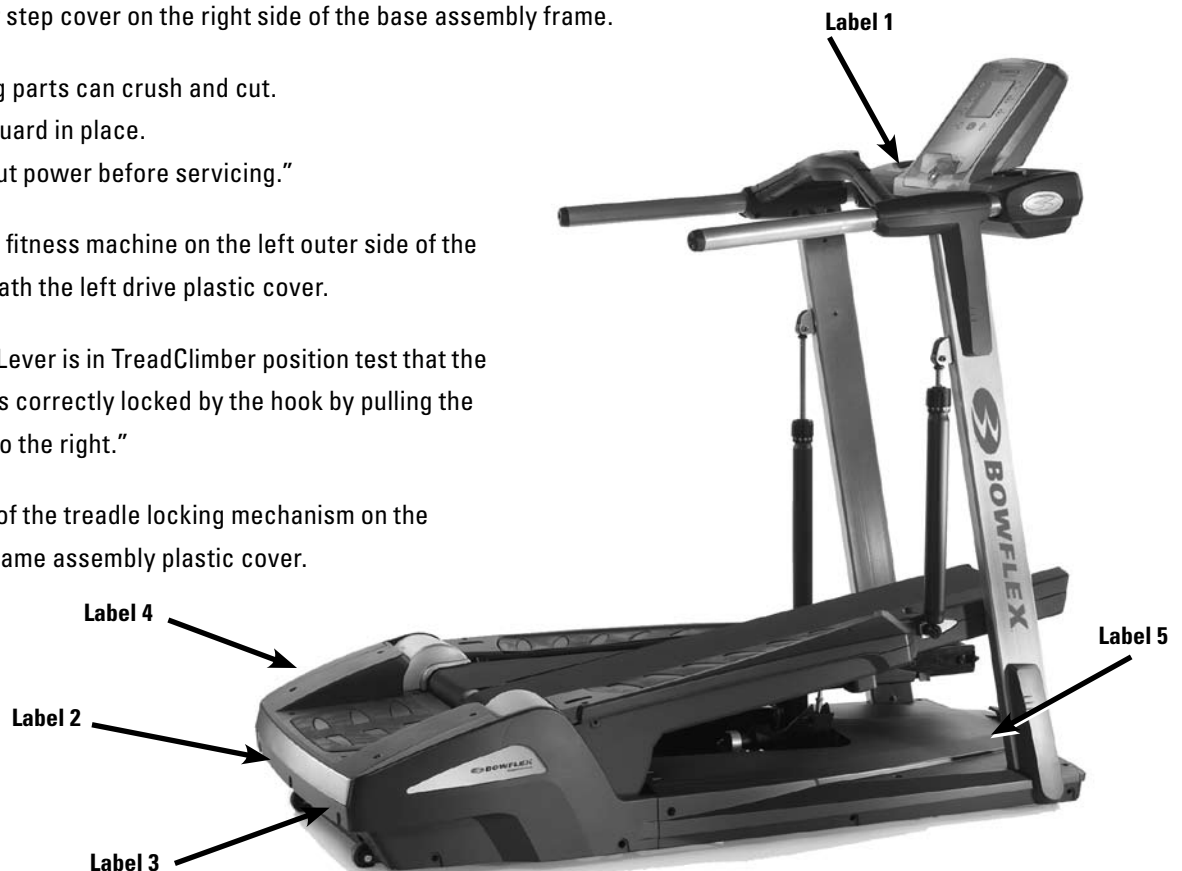
Location: At the rear of the fitness machine on the left outer side of the base frame beneath the left drive plastic cover.

Label 5: "Warning: When Lever is in TreadClimber position test that the

Lever is correctly locked by the hook by pulling the

Lever to the right."

Location: To the right side of the treadle locking mechanism on the top of the base frame assembly plastic cover.



IMPORTANT SAFETY PRECAUTIONS

Emergency Stop Procedures

Your TreadClimber® fitness machine is equipped with a SAFETY KEY that can protect you from serious injury and inhibit children from playing with and/or being injured on the TreadClimber® fitness machine. If the Safety Key is not fully inserted into the safety keyhole, located below the console display, the TreadClimber® fitness machine will NOT power up.



Safety Key

ALWAYS ATTACH THE SAFETY KEY CLIP TO YOUR CLOTHING DURING YOUR WORKOUT.

Always remove the Safety Key from the TreadClimber® fitness machine when not in use to prevent children or other persons from using the machine unsupervised.



TC5300

Safety Keyhole Location



TC6000

Safety Keyhole Location



WARNING

REMOVE THE SAFETY KEY WHILE USING THE TREADCLIMBER® FITNESS MACHINE ONLY IN AN EMERGENCY. WHEN THE KEY IS REMOVED, THE TREADCLIMBER® FITNESS MACHINE WILL STOP INSTANTLY, WHICH COULD CAUSE SOMEBODY USING THE MACHINE TO LOSE BALANCE OR FALL. THIS FEATURE IS MEANT TO PREVENT SERIOUS HARM AND, USED PROPERLY, IS AN EXCELLENT WAY TO PROTECT YOUR SAFETY DURING YOUR WORKOUT.

1.0 - REPLACEMENT OF AC INLET

Tools Needed:

- Phillips Screwdriver

NOTE: If using a powered driver, it must be on the "LOW TORQUE" setting, otherwise it will strip screws.



WARNING

AS LONG AS THE TREADCLIMBER® FITNESS MACHINE IS PLUGGED INTO A POWERED OUTLET AND THE POWER SWITCH IS ON, THE UNIT IS RECEIVING POWER, EVEN IF THE DISPLAY IS TURNED OFF. ALWAYS UNPLUG THE POWER CORD FROM THE OUTLET AND WAIT 5-MINUTES BEFORE PERFORMING REPAIRS OR MAINTENANCE.

- 1-1 Unplug machine from wall outlet and remove AC plug from front of machine.
- 1-2 Wait 5-minutes after unplugging machine to ensure there is no residual power before performing replacement.
- 1-3 Remove front base plastic cover (4 screws). Make sure locking mechanism latch is unlatched from the front faceplate (see Figure 1 and 2).
- 1-4 Unscrew front faceplate (3 screws).
- 1-5 Carefully, pull faceplate towards you so that you can see all three wires (see Figure 3).
- 1-6 Remove AC inlet from wires and remove old inlet from faceplate and replace with new one.
- 1-7 Insert wires into new inlet making sure connections are correct (from front of plate: white - top left, black - top right, green - bottom).
- 1-8 Replace faceplate and front plastic.
- 1-9 Recalibrate machine according to Appendix 3.

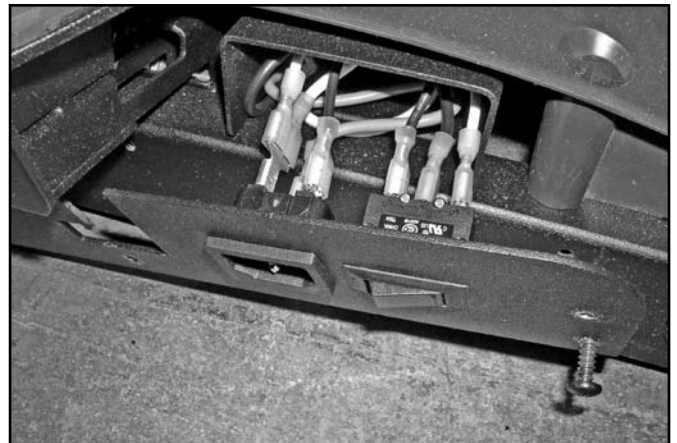
Figure 1:



Figure 2:



Figure 3:



2.0 - REPLACEMENT OF CONSOLE WITH HANDLEBARS

Tools Needed:

- Phillips Screwdriver
- 1/2 inch wrench
- 3/16 inch Allen wrench

NOTE: If using a powered driver, it must be on the "LOW TORQUE" setting, otherwise it will strip screws.



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2-1 Unplug machine from outlet.

2-2 Wait 5-minutes after unplugging machine to ensure there is no residual power.

2-3 TC5300 only:

Remove the right and left upper upright plastics by removing 2 small screws from the inside of each upright (see Figure 1 & 2).

2-4 Remove 4 button head bolts attaching console to handlebars on both sides of machine (see Figure 3 & 4). **NOTE: 3 bolts are located on the inside and 1 bolt is on the front side of the upright support.**

2-5 With the help of another, carefully lift console out and detach cable connector running through right upright (see Figure 5 and 6).

2-6 Attach cable connector from new console to the cable connector from the right upright.

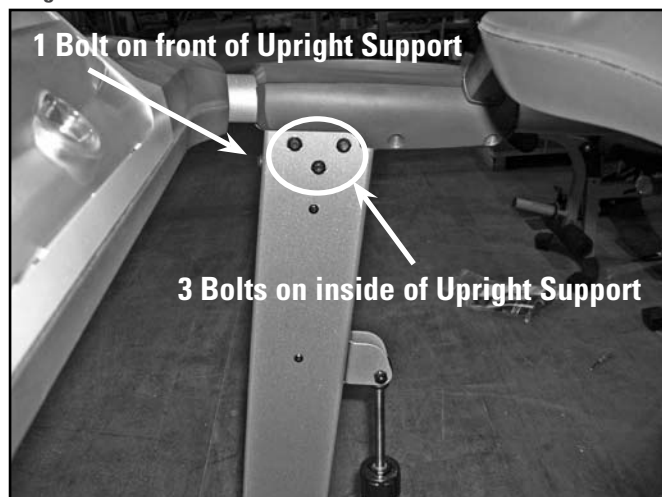
Figure 1:



Figure 2: Upright Plastic Cover Removed



Figure 3:





WARNING

Use caution when connecting the wiring harness to ensure that the wires do not become pinched or come into contact with any moving part. The TreadClimber® fitness machine will not work and an electric shock hazard may be present if the wires become pinched.

2-7 Once the cable connection is made, slide the brackets on the handlebar into the tops of the upright tubes.

NOTE: Be careful not to crimp or cut the wire at any point during this step.

2-8 Attach each handlebar to the uprights using the 5/16 x 1 inch button head bolts (4 per handlebar) and 5/16 inch washers.

2-9 Tighten the bolts using the 3/16 inch hex key. Tighten the front bolt first, followed by the 3 bolts on the inside of the uprights.

2-10 Recalibrate machine according to Appendix 3.

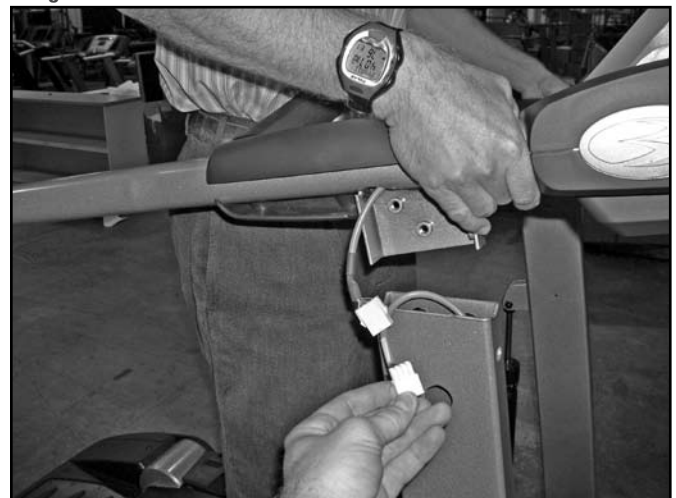
Figure 4:



Figure 5:



Figure 6:



3.0 - REPLACEMENT OF UPPER CONSOLE

Tools Needed:

- Small Screwdriver
- Phillips Screwdriver

NOTE: If using a powered driver, it must be on the "LOW TORQUE" setting, otherwise it will strip screws.



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3-1 Unplug machine from wall outlet.

3-2 Wait 5-minutes after unplugging machine to ensure there is no residual power.

3-3 Remove 4 screws from back of console and remove the rear console plastic (see Figure 1 and 2).

3-4 Disconnect R.O.C. cable from upper right of console and white 8-pin I/O cable from upper left. (see Figure 2). Unscrew front console assembly. remove front console assembly and replace. Re-attach white cable connector and ROC cable connector.

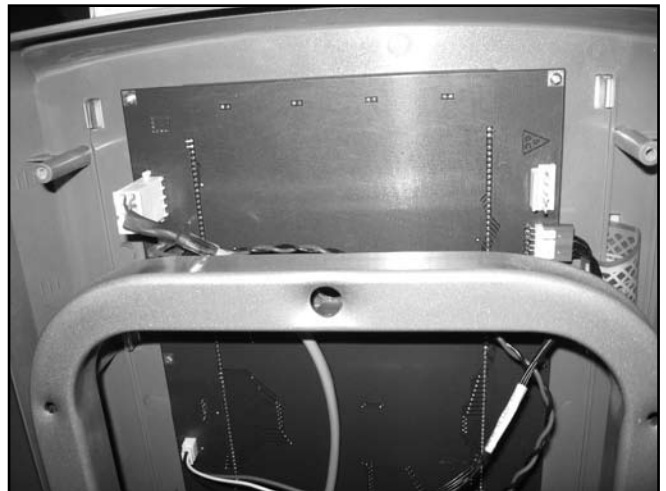
3-5 Replace rear console cover.

3-6 Recalibrate machine according to Appendix 3.

Figure 1:



Figure 2: Console Back Removed



4.0 - ROC Cable Replacement Instructions (TC6000 Only)

4-1 Remove the console back. (Fig. 1)

4-2 Disconnect the remote HR wire from the lower left side of the printed circuit board (viewed from front). Red, black, white wires. (Fig. 2)

4-3 Remove the console bottom.

4-4 Locate the connector on upper right, and unplug it from the console Printed Circuit Board. Cut the zip ties and let the wire hang free. (viewed from front) .

4-5 Tie the black plug of new cable to the brown plug of defective cable using included wire tie.

4-6 Carefully pull the defective cable out through the ROC hole, and pull new wire into place.

4-7 Remove the defective cable and discard.

4-8 Connect the black plug to the ROC and re-attach to control plate. Be careful not to pinch new cable during assembly.(Fig. 4)

4-9 Connect the brown plug to the back of the Printed Circuit Board and test the unit.

4-10 Re-attach the lower console.

4-11 Re-connect remote HR plug.

Figure 1:



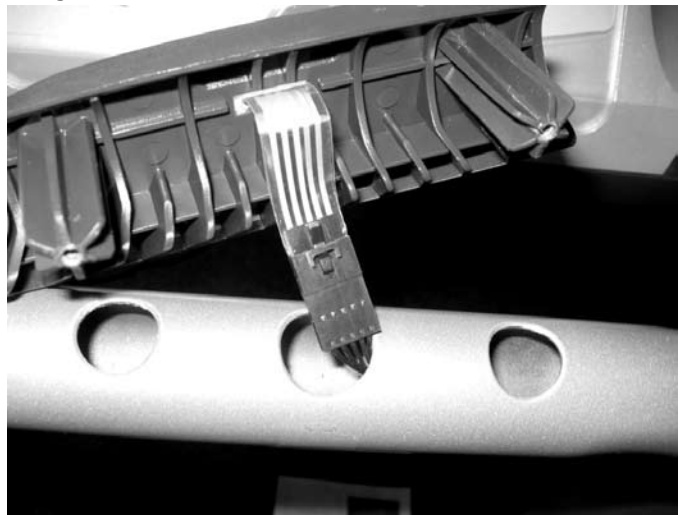
Figure 2:



Figure 3:



Figure 4:



5.0 - REPLACEMENT OF INTERNAL WIRE IN RIGHT UPRIGHT

Tools Needed:

- Phillips Screwdriver
- 3/16 inch Allen wrench



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- 5-1 Unplug machine from wall outlet.
- 5-2 Wait 5-minutes after unplugging machine to ensure there is no residual power.
- 5-3 TC5300 only:
Remove the right and left upper upright plastic covers by removing 2 small screws from the inside of each upright (see Figure 1, 2 and 3). Also remove the right lower upright plastic cover by removing the 2 screws from the inside lower portion of the upright (see Figure 5 and 6).
- 5-4 Remove 4 button head bolts attaching console to handlebars on both sides of machine (see Figure 4). **NOTE: 3 bolts are located on the inside and 1 bolt is on the front side of the upright support.**
- 5-5 With the help of another, carefully lift console out and detach cable connector running through right upright (see Figure 7, 8 and 9).
- 5-6 Detach the cable connector at the base of the right upright after it exists the lower hole on the outside of the right upright (see Figure 10).

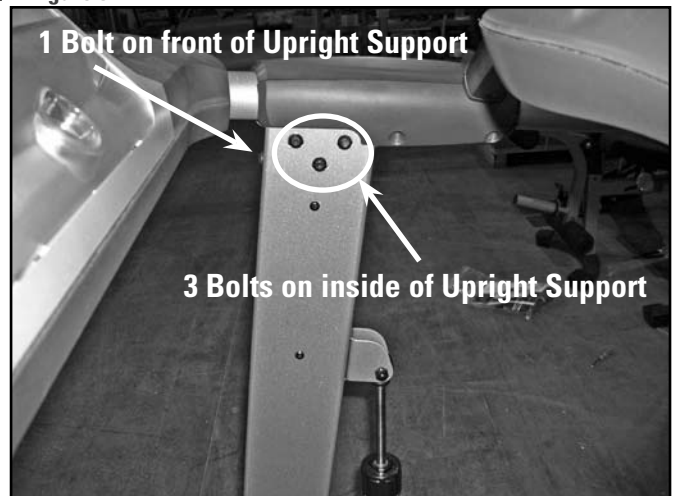
Figure 1:



Figure 2: Upright cover removed.



Figure 3:



5-7 Remove wire from right upright by pulling from the bottom.

5-8 Thread new wire through right upright. Making sure the cable exits through the lower slotted hole in the upright.

5-9 Re-attach cable connector at base of right upright.

5-10 Attach cable connector from console to the cable connector from the right upright.

5-11 With the help of another person, lift the console back onto both uprights, ensuring that junction covers are in place.



WARNING

USE CAUTION WHEN CONNECTING THE WIRING HARNESS TO ENSURE THAT THE WIRES DO NOT BECOME PINCHED OR COME INTO CONTACT WITH ANY MOVING PART. THE TREADCLIMBER® FITNESS MACHINE WILL NOT WORK AND AN ELECTRIC SHOCK HAZARD MAY BE PRESENT IF THE WIRES BECOME PINCHED.

Figure 4:



Figure 5:



Figure 6:



5-12 Re-attach both uprights to console using 4 button head bolts on each side.

5-13 Re-attach the right and left upper upright plastics as well as the right lower upright plastic cover.

5-14 Recalibrate machine according to Appendix 3.

Figure 7:



Figure 8:

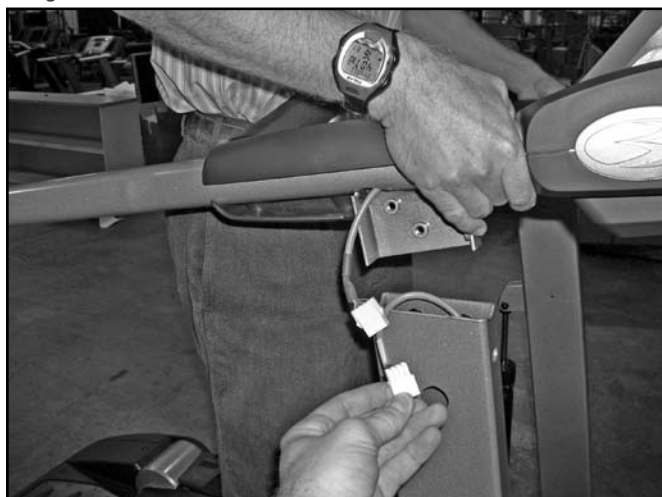
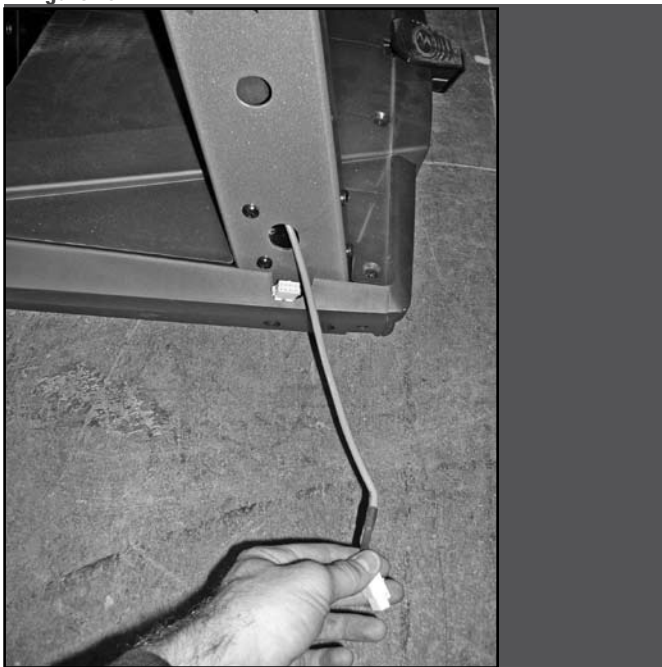


Figure 9:



Figure 10:



6.0 - REPLACEMENT OF SPEED SENSOR

Tools Needed:

- Phillips Screwdriver

NOTE: If using a powered driver, it must be on the "LOW TORQUE" setting, otherwise it will strip screws.

6-1



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Unplug machine from wall outlet.

6-2 Wait 5-minutes after unplugging machine to ensure there is no residual power.

6-3 Remove rear step plastic cover (8 screws), right and left rear base plastic covers (3 screws each), and rear base plastic cover (5 screws). See Figures 1 & 2.

NOTE: One screw each on the right and left side base plastic is behind the decal (see Figure 3).

6-4 Remove rear step cover (4 screws). See Figure 4.

6-5 Looking at machine from left side, locate black wire connected to hole in left rear drive bracket (wire is approximately 3 3/4 inches long and is located below left rear roller) see Figure 5 & 6.

6-6 Disconnect white cable connector from speed sensor wire that is attached to long black wire (see Figure 6).

Figure 1:



Figure 2:



Figure 3:



MECHANICAL SERVICE GUIDE

6-7 Disconnect speed sensor plug from left treadle pivot bracket.

6-8 Insert new speed sensor, connecting white cable connectors, and making sure not to push sensor plug too far through connector hole in left treadle pivot bracket.

NOTE: The speed sensor and grommet (red) should be 1/8 inch or less from the magnet on the pulley, but shouldn't come into contact with pulley or magnet (see Figure 7).

6-9 Replace Rear Step.

6-10 Replace right and left rear base plastic cover, rear step plastic, rear base plastic cover, and side plastic decals.

6-11 Recalibrate machine according to Appendix 3.

Figure 4:

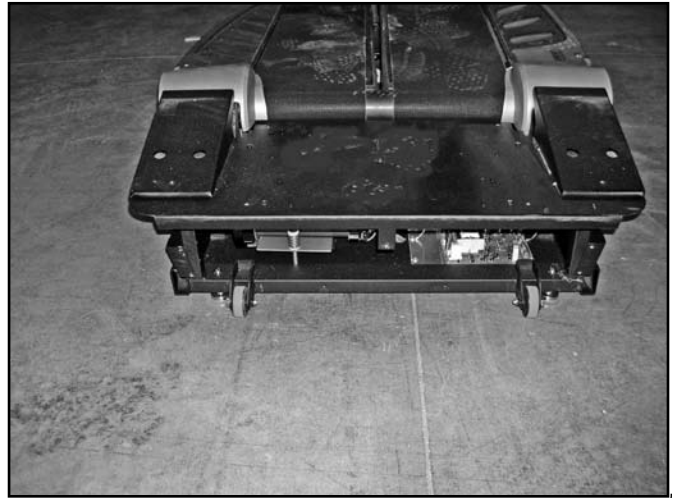


Figure 5:

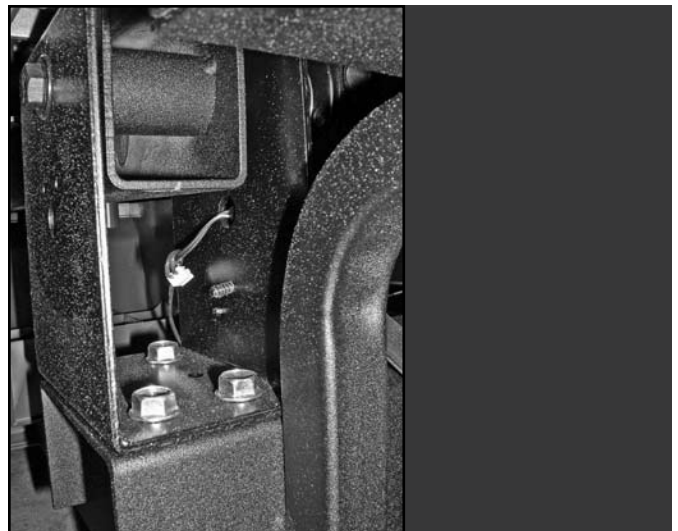


Figure 6:

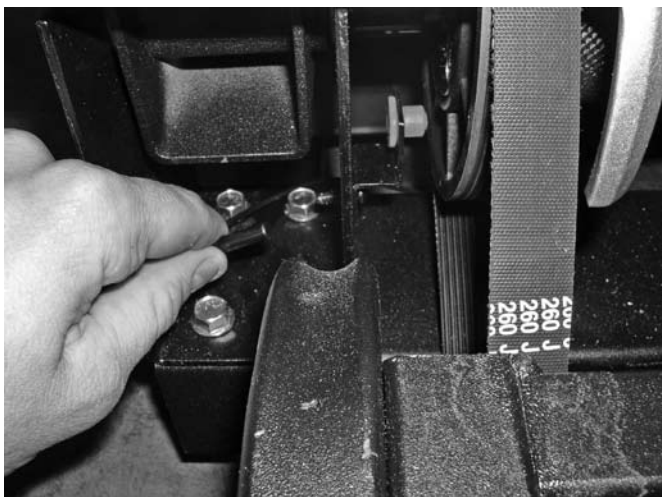
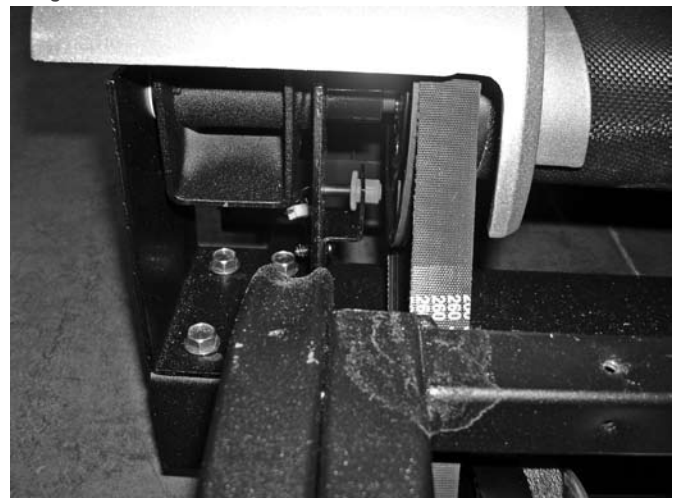


Figure 7:



7.0 - REPLACEMENT OF STEP SENSOR

Tools Needed:

- Phillips Screwdriver

NOTE: If using a powered driver, it must be on the "LOW TORQUE" setting, otherwise it will strip screws.



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- 7-1 Unplug machine from wall outlet.
- 7-2 Wait 5-minutes after unplugging machine to ensure there is no residual power.
- 7-3 Remove the right base plastic top cover by removing 3 screws (see Figure 1).
- 7-4 Standing on the right side of the unit, the step sensor should be accessible behind the dependency teeter (see Figure 2).
- 7-5 Disconnect white cable connector from step sensor wire that is attached to long black wire.
- 7-6 Disconnect step sensor plug from left rear drive bracket (see Figure 3).
- 7-7 Insert new step sensor, connecting white cable connectors, and making sure not to push sensor plug to far through connector hole in left rear drive bracket.

NOTE: The step sensor and grommet (red) should be 1/8 inch or less from the magnet on the teeter, but shouldn't come in contact with teeter or magnet.

Figure 1:

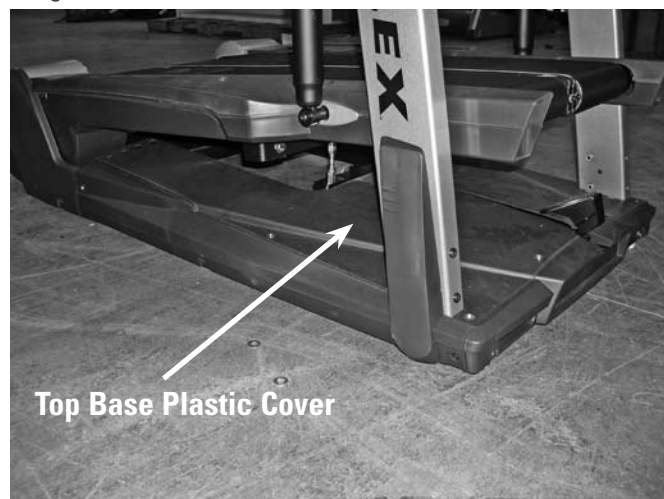


Figure 2:

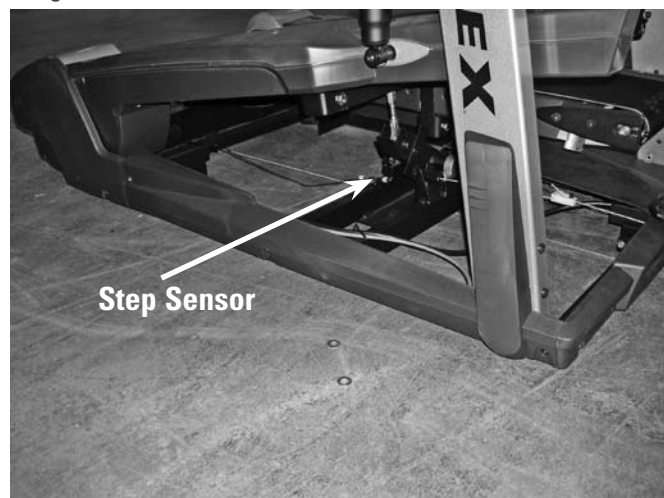
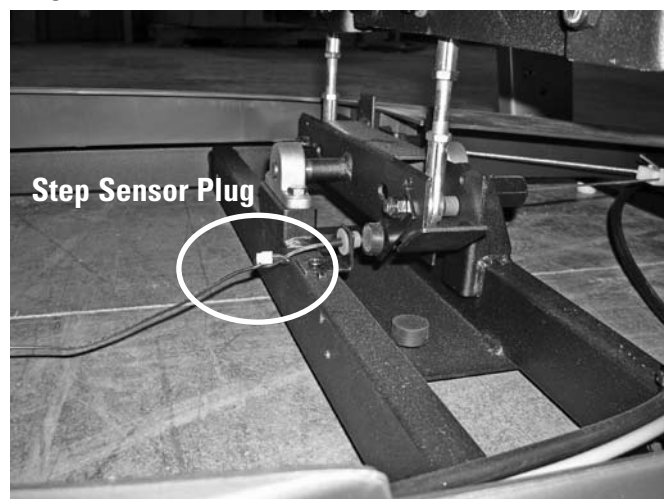


Figure 3:



8.0 - REPLACEMENT OF MOTOR BELT

Tools Needed:

- Phillips Screwdriver
- Flathead Screwdriver

NOTE: If using a powered driver, it must be on the "LOW TORQUE" setting, otherwise it will strip screws.



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- 8-1 Unplug machine from wall outlet.
 - 8-2 Wait 5-minutes after unplugging machine to ensure there is no residual power.
 - 8-3 Remove rear step plastic cover (8 screws), right and left rear base plastic covers (3 screws each), and rear base plastic cover (5 screws). See Figures 1 & 2.
 - 8-4 Remove rear step cover (4 screws). See Figure 3.
 - 8-5 Remove black hardware plugs in treadle plastic covers with a Flathead screwdriver. Remove left and right cast covers (2 screws each). See Figure 4.
- NOTE:** Before removing cast covers, you may need to loosen the first screw on the upper treadle plastic cover to get the cast cover off.
- 8-6 Loosen the motor tension bolt with 1/2 inch wrench (see Figures 5 and 6).
 - 8-7 Rotate motor belt counter-clockwise easing belt off drive pulley gradually (see Figure 7).

Figure 1:



Figure 2: Rear Plastic Covers removed.



Figure 3: Rear Step removed.



8-8 Ease new motor belt onto drive pulley and flywheel.

8-9 Once belt is tightly attached, re-tension the belt by tightening tension bolt with a 1/2 inch wrench, replace left cast cover, hardware plug, rear step, rear plastic cover, and rear step plastic cover.

8-10 Recalibrate machine according to Appendix 3.

Figure 4:



Figure 5:

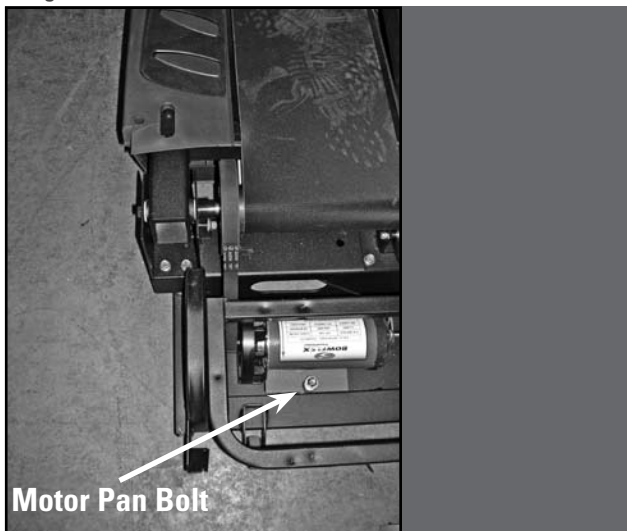


Figure 6:

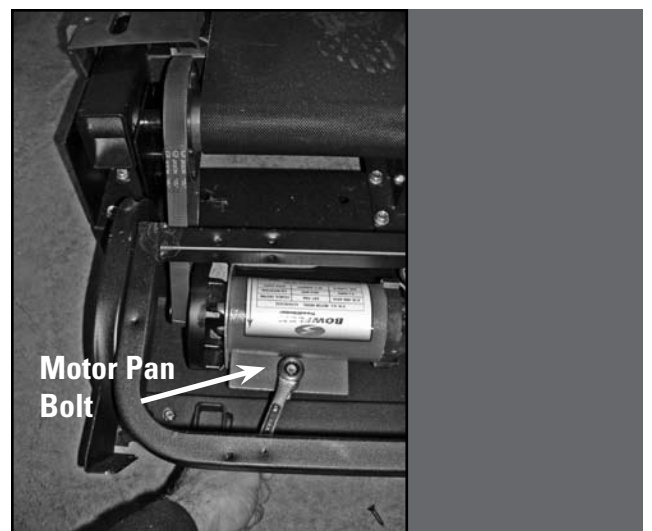
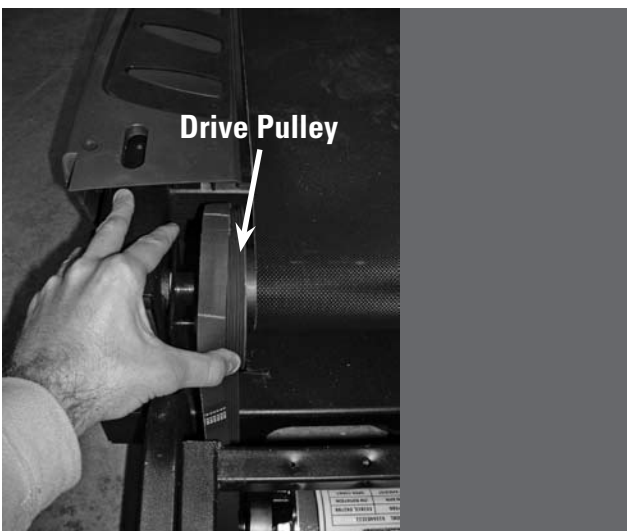


Figure 7:



9.0 - REPLACEMENT OF HYDRAULIC CYLINDERS

Tools Needed:

- 1/2 inch Wrench

NOTE: If using a powered driver, it must be on the "LOW TORQUE" setting, otherwise it will strip screws.

Hydraulic cylinders *MUST* be replaced in pairs.



WARNING

AS LONG AS THE TREADCLIMBER® FITNESS MACHINE IS PLUGGED INTO A POWERED OUTLET AND THE POWER SWITCH IS ON, THE UNIT IS RECEIVING POWER, EVEN IF THE DISPLAY IS TURNED OFF. ALWAYS UNPLUG THE POWER CORD FROM THE OUTLET AND WAIT 5-MINUTES BEFORE PERFORMING REPAIRS OR MAINTENANCE.

- 9-1 Unplug machine from wall outlet.
- 9-2 Wait 5-minutes after unplugging machine to ensure there is no residual power.
- 9-3 Remove bolts and washers attaching base of hydraulic cylinders to machine base (see Figure 1 & 2).
- 9-4 Remove bolts attaching top of cylinders from left and right uprights.
- 9-5 Install new cylinders, by attaching bolts to uprights.
- 9-6 Ease cylinders down to loop base of cylinders over metal peg on each side of base (see Figure 3).
- 9-7 Re-install bolts and washers, attaching base of cylinders to base of machine.
- 9-8 Recalibrate machine according to Appendix 3.

Figure 1:



Figure 2:



Figure 3:



10.0 - REPLACEMENT OF BELTS

Tools Needed:

- Phillips Screwdriver
- Flathead Screwdriver
- Allen Wrench
- 1/2 inch Wrench
- (2) 9/16 inch Wrench



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NOTE: If using a powered driver, it must be on the "LOW TORQUE" setting, otherwise it will strip screws.

10-1 Unplug machine from wall outlet.

10-2 Wait 5-minutes after unplugging machine to ensure there is no residual power.

10-3 Remove rear step plastic cover (8 screws), right and left rear base plastic covers (3 screws each), and rear base plastic cover (5 screws). See Figures 1 & 2.

10-4 Remove rear step cover (4 screws). See Figure 3.

10-5 Remove black hardware plugs in treadle plastic covers with a Flathead screwdriver. Remove left and right cast covers (2 screws each). See Figures 4 & 5.

NOTE: Before removing cast covers, you may need to loosen the first screw on the upper treadle plastic cover to get the cast cover off.

Figure 1:



Figure 2:



Figure 3:



MECHANICAL SERVICE GUIDE

- 10-6 Ease poly-v belt off of the rear roller pulley. Tensioning screw may need to be loosened (see Section 9.0 Replacing Motor Belt). See Figure 6.
- 10-7 Remove the 4 front roller adjustment screws using a 3/16 Allen Key (see Figure 7). Remove the 2 front rollers by loosening the 2 inside front roller brackets using a 3/16 Allen Wrench and 1/2 inch wrench (see Figures 8, 9, 10).
- 10-8 Remove the rear roller with a 1/2 inch wrench (1 screw). Rear roller should slide out from belts after release from mounting location (see Figure 11 & 12).
- 10-9 Remove lower hydraulic cylinder from the treadle frame with Allen key (1 screw each side).
- 10-10 Standing on the left side of the machine detach the treadle/teeter cross tube by removing 2 bolts with two 9/16 inch wrenches (see Figure 13).
- 10-11 Rotate left treadle back (pivoting about treadle pivot bracket) until it rests on the rear step frame.
- NOTE: Lay a rag down on the rear step frame to protect treadle plastic from damage (see Figure 14, 15 & 16).
- 10-12 The old belt can be removed by pulling it over the front roller bracket and cam follower bracket on the inside of the treadle. Replace with new belt (see Figure 17).
- 10-13 Repeat Steps 10-9 to 10-11 on the right treadle.
- 10-14 Run rear roller through belts (remembering to run through poly-v belt as well) and re-mount the rear roller. Attach with screw (see Figure 11).
- 10-15 Replace front rollers and front roller adjustment screws (see Figures 7, 8 & 9).
- 10-16 Rotate treadles back one at a time (making sure cam follower bracket seats on cam followers) and re-attach teeter/treadle cross tubes.

Figure 4:



Figure 5:



Figure 6:



10-17 Re-attach hydraulic cylinders to treadle frame.

10-18 Tension belts with Allen key (see Appendix 2).

10-19 Replace and tension motor belt (see Section 9.0 Replacing Motor Belt).

10-20 Replace cast covers and hardware plugs.

10-21 Replace rear step.

10-22 Replace 4 rear plastic covers.

10-23 Recalibrate machine according to Appendix 3.

Figure 8:



Figure 10:



Figure 7:



Figure 9:



Figure 11:



Figure 12:



Figure 13:

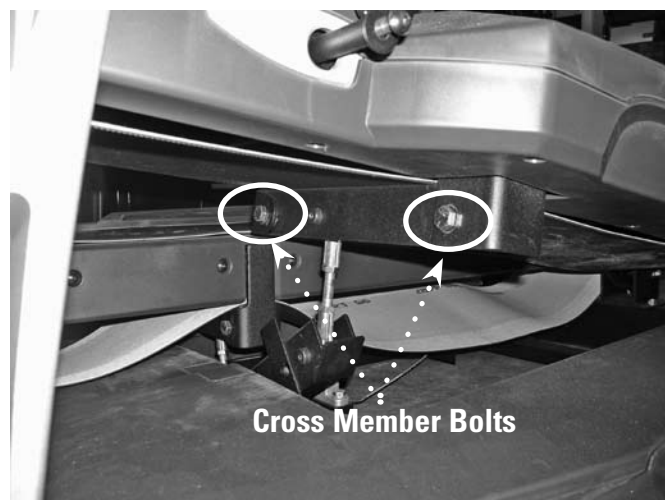


Figure 14:



Figure 15: Damage caused to treadle by rear step if not covered.



Figure 16:



Figure 17:



11.0 - REPLACEMENT OF VIRTUAL PIVOT ASSEMBLY

Tools Needed:

- Phillips and Flathead Screwdriver
- 1/2 inch Wrench
- 3/16 Allen Wrench
- (2) 9/16 inch Wrench

NOTE: If using a powered driver, it must be on the "LOW TORQUE" setting, otherwise it will strip screws.



WARNING

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- 11-1 Unplug machine from wall outlet.
 - 11-2 Wait 5-minutes after unplugging machine to ensure there is no residual power.
 - 11-3 Remove rear step plastic (8 screws), right and left rear base plastic (3 screws each), and rear base plastic (5 screws). See Figures 1 & 2.
 - 11-4 Remove rear step (4 screws). See Figure 3.
 - 11-5 Remove black hardware plugs in treadle plastic covers with a Flathead screwdriver. Remove left and right cast covers (2 screws each). See Figures 4 & 5.
- NOTE:** Before removing cast covers, you may need to loosen the first screw on the upper treadle plastic cover to get the cast cover off.
- 11-6 Loosen belts by loosening the front roller adjustment screws with provided Allen key (4 screws).
 - 11-7 Remove lower hydraulic cylinders from the treadle frame with 3/16 Allen key (1 screw each side). See Figure 6.

Figure 1:



Figure 2:



Figure 3:



- 11-8 Standing on the left side of the machine detach the treadle/teeter cross tube by removing 2 bolts with two 9/16 inch wrenches (see Figure 7).
- 11-9 Place a rag on the rear step frame to protect treadle plastic from damage. Rotate left treadle back (pivoting about treadle pivot bracket) until it rests on the rear step frame (see Figure 8 & 9).
- 11-10 Repeat Steps 11-7 to 11-9 for the right treadle.
- 11-11 Remove 4 screws with a 1/2 inch wrench from the virtual pivot bracket. Replace old cam follower bracket assembly with new assembly. Finger tighten the 4 screws so that bracket can still be easily slid back and forth in slotted holes (see Figure 10).
- 11-12 Rotate left treadle back, seating it on the new cam followers and replace treadle teeter cross-member with 2 bolts. Repeat on right treadle.
- 11-13 Place 0.75 inch spacer between treadles at the inner front roller brackets to space apart treadles (see Figure 11).
- 11-14 Tension belts with 4 tensioning screws at the front rollers with an Allen key.
- 11-15 Push the cam follower bracket as far forward as possible with thumbs. Tighten 4 screws with a 9/16 inch wrench on the virtual pivot bracket. It is very important to tighten the 2 rear screws first before tightening the front 2 screws (see Figure 12).
- 11-16 Remove spacer making sure treadles do not touch each other. Force them together to make sure they are secure.
- 11-17 Re-attach hydraulic cylinders to treadle frame.
- 11-18 Replace cast covers and hardware plugs.
- 11-19 Replace rear step.
- 11-20 Replace 4 rear plastic parts.
- 11-21 Recalibrate machine according to Appendix 3.

Figure 4:



Figure 5:



Figure 6:



Figure 7:

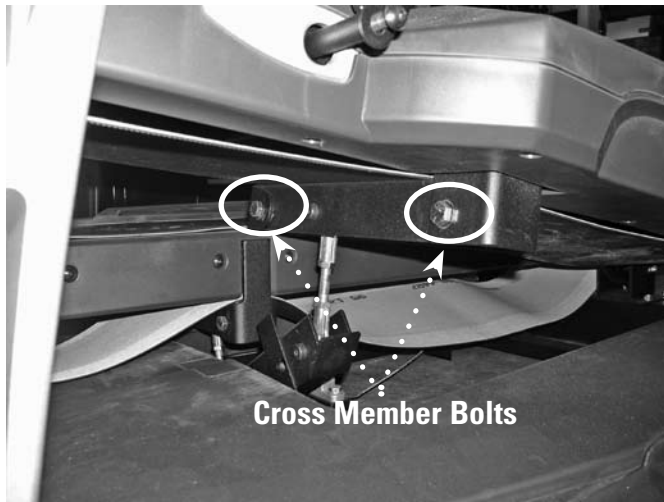


Figure 8:



Figure 9:



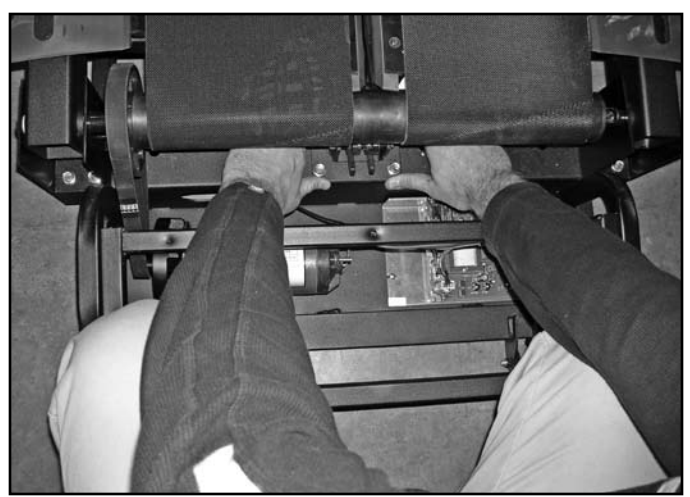
Figure 10:



Figure 11:



Figure 12:



12.0 - LOCKING MECHANISM ADJUSTMENT

Tools Needed:

- Phillips Screwdriver
- 1/2 inch wrench
- 3/16 Allen Wrench

NOTE: If using a powered driver, it must be on the "LOW TORQUE" setting, otherwise it will strip screws.



WARNING

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12-1 Unplug machine from wall outlet and from front of unit.

12-2 Wait 5-minutes after unplugging machine to ensure there is no residual power.

12-3 Remove the front base plastic (4 screws) see Figure 1.

12-4 Remove the right and left top base plastic (3 screws each) see Figure 1.

12-5 Place the lockout lever in the position where the front faceplate captures the lever in the down position. This is the TreadClimber® mode position (treadles freely rotate). Adjust the major adjustment by pulling the cable through the junction plastic and metal cylinder cable housing, so that the cable is tight and the locking pins are pulled clear of the dependency teeter. Secure the cable position by tightening the set screw with a screwdriver. See Figure 2 and 3.

12-6 Release the lockout lever from the face plate and make sure the pins engage the teeter and lockout treadles. The fine tune adjustment can be used to tension or loosen the cable as needed. See Figure 4.

Figure 1:

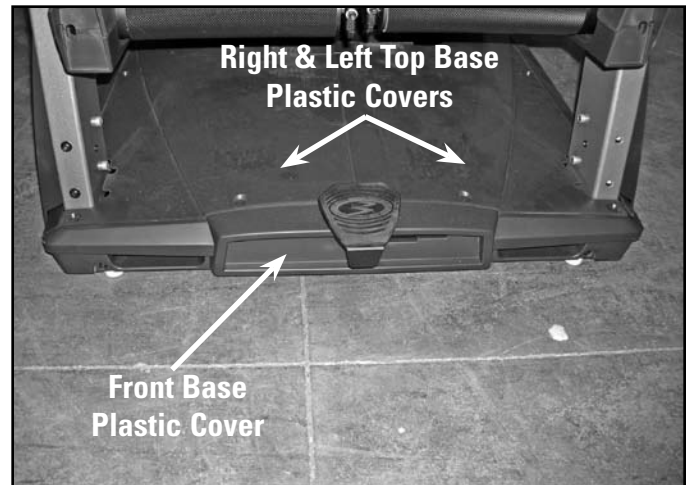


Figure 2: Unlock Treadles Position

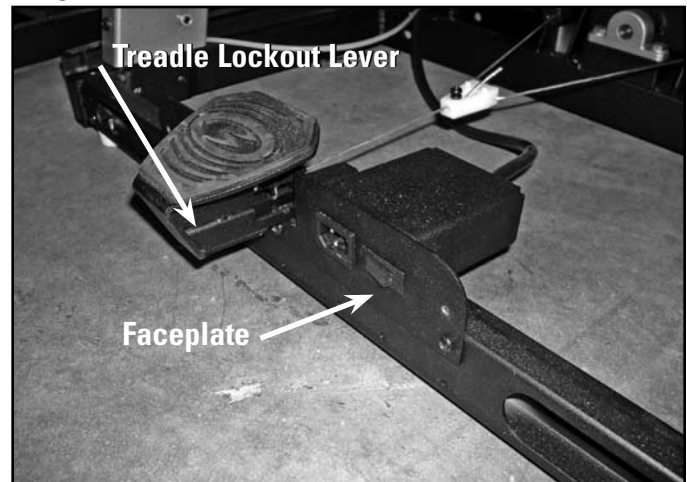
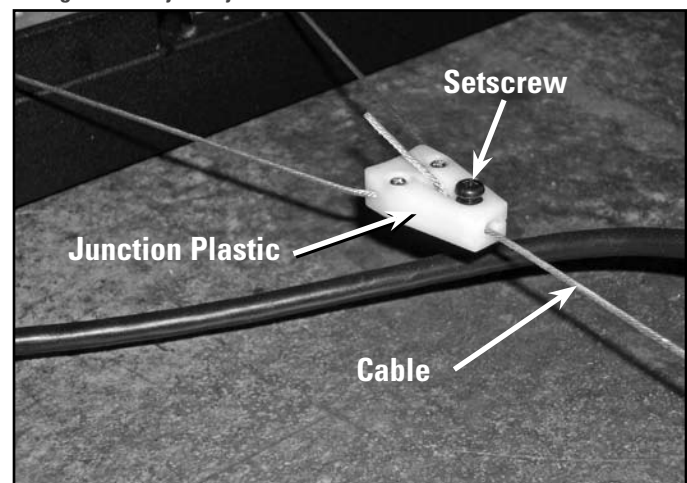
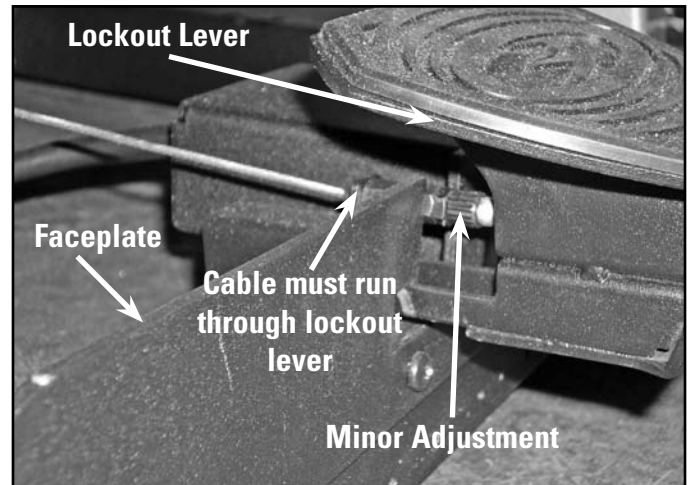


Figure 3: Major Adjustment



- 12-7 Replace right and left top base plastic (3 screws each).
- 12-8 Replace front base plastic (4 screws).
- 12-9 Plug power cord back into the front of the unit and recalibrate (see Appendix 3 for Calibration Procedure).

Figure 4: Minor Adjustment & Lockout Level



13.0 - REPLACEMENT OF LOCK-OUT LEVER

Tools Needed:

- Phillips Screwdriver
- 7/16 inch wrench

NOTE: If using a powered driver, it must be on the "LOW TORQUE" setting, otherwise it will strip screws.



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13-1 Unplug machine from wall outlet and from front of unit.

13-2 Wait 5-minutes after unplugging machine to ensure there is no residual power.

13-3 Remove the front base plastic (4 screws) see Figure 1.

13-4 Remove the right and left top base plastic (3 screws each) see Figure 1.

13-5 Loosen the setscrew with a Phillips screwdriver and pull cable through the plastic junction. See Figure 3.

13-6 Remove the old lockout lever by removing 7/16 inch bolt and retaining spring. Remove the cable and fine adjustment assembly from the old lever. See Figure 2, 4 and 5.

Figure 1:

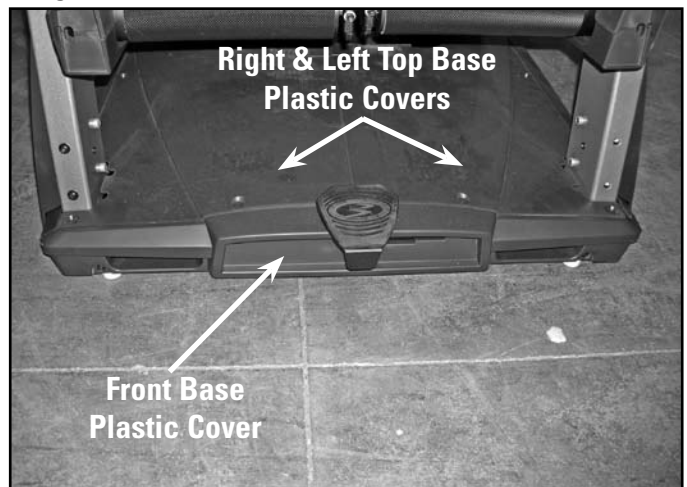


Figure 2: Unlock Treadles Position

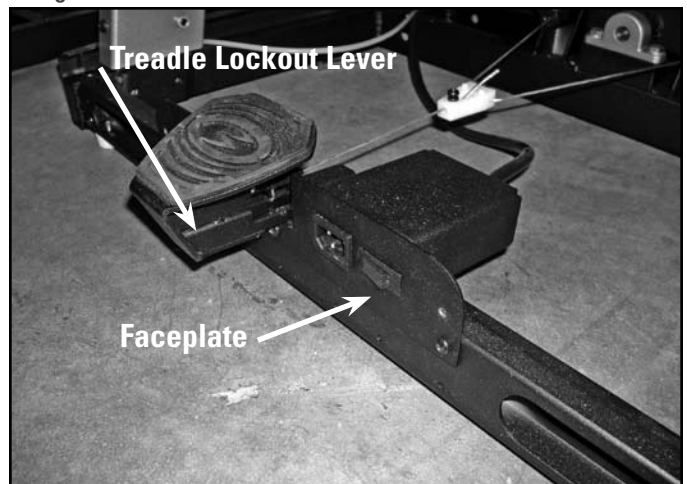
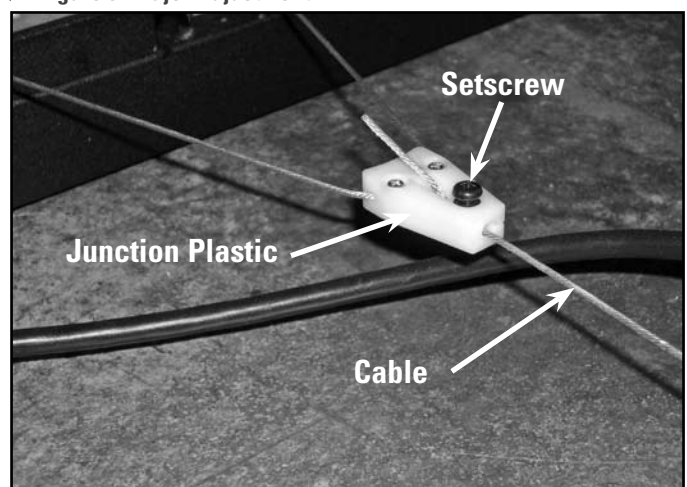


Figure 3: Major Adjustment



13-7 Replace cable and fine adjustment assembly on the new lockout lever. Install the new lockout lever on the base frame locking lever bracket with the 7/16 inch bolt and retaining spring.

NOTE: Make sure the spring is on the left side of the lockout lever between the lockout retaining bracket (base frame) and the lockout lever. See Figure 2, 4 and 5.

13-8 Re-adjust the cable tension by performing the following:

FIRST: Place the lockout lever in the position where the front faceplate captures the lever in the down position. This is the TreadClimber® mode position (treadles freely rotate). Adjust the major adjustment by pulling the cable through the junction plastic and metal cylinder cable housing, so that the cable is tight and the locking pins are pulled clear of the dependency teeter. Secure the cable position by tightening the set screw with a screwdriver. See Figure 2 and 3.

NEXT: Release the lockout lever from the face plate and make sure the pins engage the teeter and lockout treadles. The fine tune adjustment can be used to tension or loosen the cable as needed. See Figure 4.

Figure 4: Minor Adjustment & Lockout Level

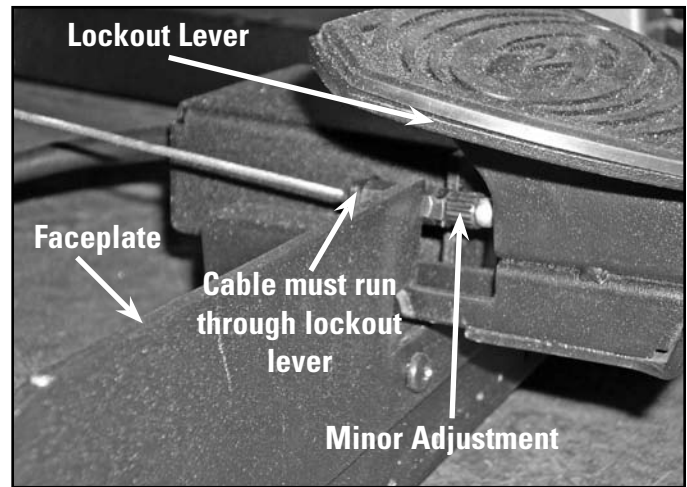


Figure 5:



13-9 Replace right and left top base plastic (3 screws each).

13-10 Replace front base plastic (4 screws).

13-11 Plug power cord back into the front of the unit and recalibrate (see Appendix 3 for Calibration Procedure).

ELECTRICAL AND MECHANICAL TROUBLESHOOTING GUIDE

Condition/Problem	Things to Check	Solution
Unit will not power up/turn on/start	Outlet.	Make sure outlet is functioning correctly. Verify this by plugging another object (ex: lamp) into the outlet. If outlet is connected to a light switch, check to make sure it is on. If outlet is not functioning find a working outlet.
	Power cord not plugged in.	Make sure the power cord is firmly secured to A/C inlet on the front of the unit and firmly inserted into a non-GFI wall socket.
	Power switch turned off.	Make sure the power switch at the rear of the unit is in the "ON" position.
	Safety key not plugged in.	Plug Safety Key into magnetic safety key location on display. (See Emergency Stop Procedure within the Important Safety Precautions section)
	Safety key magnet not functioning.	Try another magnet if available, such as refrigerator magnet. If unit works with different magnet replace safety key.
	LED Diagnostic needed.	Access diagnostic LEDs on motor controller board by following the instructions in the TC5300/6000 Diagnostics. Caution: Machine is on. Current is active!!. Check the B & G LEDs for the following: If neither B nor G are lit power is not reaching the motor controller. Disconnect unit from power source and check wiring integrity and connections between A/C inlet (where cord plugs in to machine) and motor controller board. If any visible damage replace A/C junction kit. If light G is lit but light B is not lit replace motor controller
	I/O Cables	If LEDs B & G are both lit check connections and for signs of visible damage to any of the three I/O cables. If no visible damage check continuity using a multi-meter. If a multi-meter is not available replace all three cables.

ELECTRICAL AND MECHANICAL TROUBLESHOOTING GUIDE

Condition/Problem	Things to Check	Solution
	Console control board	If I/O cables are all functioning properly, LEDs B & G are lit up, and machine still will not power up replace upper console control board
Speed displayed is not accurate.	Display set to wrong unit of measure. (English/Metric)	Change display units. (See Console Display & Set Up section)
	Out of calibration.	Re-calibrate machine. (See Calibration Procedures, appendix 3)
Heart rate not displayed while using chest strap.	Transmitter not making good contact with skin.	Moisten skin contact area on the chest strap. (See Heart Rate Monitoring section)
	Electromagnetic interference.	Turn off any television, AM radio, microwave, or computer within 6 feet (2 meters) of the TreadClimber® fitness machine.
	Chest strap transmitter.	Test chest strap with another HR monitoring device such as HR watch, machine at a gym. If transmitter has good skin contact and still is not found to be emitting HR signal replace chest strap transmitter.
	HR receiver.	If chest strap is known to work with other devices and no sources of interference are present, or if console has been tested with a Pulse Simulator and is not receiving the signal, replace the following HR receiver and wire.
	Machine Powered Up	See Troubleshooting step 1
	Wire connection	Check connection at board and at controls
	Wire	If connections good replace wire (see Replacing ROC Cable instructions)
	Controls	If problem persists replace ROC controls.
Walking belt misalignment.	Tracking adjustment	If either of the walking belts seem to be tracking excessively to one side or the other adjust belt at front of each treadle (see Walking Belt Adjustment, Appendix 2)

ELECTRICAL AND MECHANICAL TROUBLESHOOTING GUIDE

Condition/Problem	Things to Check	Solution
	Roller shaft bracket	If belt adjustments don't correct misalignment replace both belts and either or both roller shaft bracket depending on which belt(s) aren't aligning.
Hesitation or belt slipping when walking on unit.	Belt tension	If belt hesitates or slips when walking on unit it may be caused by either a loose walking belt or a loose drive belt. To determine the cause perform the following test: Stand beside TreadClimber® fitness machine and set speed to 2 MPH. Step on one treadle and attempt to stop movement. If one belt stops but roller at rear and other belt continue to turn walking belt tension should be adjusted. If both belts stop but motor is still turning the drive belt tension should be adjusted.
	Walking belt tension	Adjust walking belt tension at the front of the unit using the provided hex wrench on the exposed adjustment bolts located on each side of each front roller. Tighten (turn clockwise) each adjustment bolt in full turn increments. Be sure to adjust both bolts on each roller the same amount as to not disrupt belt alignment. After each adjustment, restart unit and check to see if belt slippage has been eliminated. Repeat if necessary. If slipping feel persists after several adjustments, stop and refer to drive belt checklist.
	Drive belt.	Unplug power from unit. Wait 5-minutes to ensure no residual power remains. Remove rear base plastic cover to expose "v" belt drive line and motor. Tighten nut on the motor tension bolt located on front side of motor in 1/2 turn increments until drive belt slippage is eliminated - DO NOT OVER TIGHTEN. Reinstall rear base plastic cover

ELECTRICAL AND MECHANICAL TROUBLESHOOTING GUIDE

Condition/Problem	Things to Check	Solution
Knocking / squeaking noises when unit is operating.	Upper linkage bolts.	Unplug power from Unit. Wait 5-minutes to ensure no residual power remains. Located on the underneath side of each treadle there are bolts, one per side, that connect the treadles to the linkage arms. Push right treadle down to access left treadle and vice versa. Using a 9/16" wrench and Allen key, make sure these bolts are securely tightened.
	Lower linkage bolts.	Unplug power cord from rear of unit. Wait 5-minutes to ensure no residual power remains. Push the right treadle all the way down to access left teeter bolt. You will see a linkage system near the middle of the unit that ties the two treadles together. On the left side of the linkage pivot, you will see a bolt that connects the linkage arms to the pivot. Using a 9/16" wrench and an Allen key, make sure that bolts are securely tightened. Push the left treadle all the way down and repeat for right side.
	Locking pins	Check if treadle locking pins are releasing fully in unlocked "TreadClimber®" mode. If not, adjust cable length to allow pins to fully retract.
	Drive pulley and flywheel pulley.	Unplug power from Unit. Wait at least 5 minutes. Remove left side plastic drive cover to expose "v" belt drive line. Using a ½" wrench, tighten the bolt that attaches the 4 ½" drive pulley to the drive shaft while holding the drive rollers still. Also, using a 5/32" hex wrench, tighten the setscrew on the flywheel motor pulley. Reinstall plastic drive cover.
	Rear roller.	If knocking sound seems to be coming directly from the rear roller, replace.
	Hydraulic cylinder bolts.	Unplug power from Unit. Wait at least 5 minutes. Check and tighten both upper and lower bolts that connect the hydraulic cylinders to the unit.
	Front rollers.	If knocking sound seems to be coming directly from one or both of the front rollers, remove and replace rollers.

ELECTRICAL AND MECHANICAL TROUBLESHOOTING GUIDE

Condition/Problem	Things to Check	Solution
	Virtual pivot.	Access the virtual pivot by removing the rear step plastic and rear step. The virtual pivot will be under the rear roller and has 2 brackets (one on each treadle, which rolls on 4 cam followers (large bearings). Make sure all 4 brackets are rolling (turning) as the treadles pivot. If knocking/squeaking is coming from the virtual pivot or if any of the 4 cam followers are not rolling the virtual pivot (also referred to as "Bearing Roller Kit") should be replaced.
	Treadle alignment	If treadles are not centered between the uprights and are contacting one of the uprights check if treadles are parallel. If not adjust virtual pivot. If treadles are parallel but are still contacting an upright entire machine must be replaced.
Belts stop turning and "err LS" or "err OS" is displayed	Calibration	Re-calibrate machine. (See Calibration Procedures, appendix 3)
	Speed sensor	<ol style="list-style-type: none"> 1. Cycle power off and on 2. Put the machine in calibration mode (see Calibration procedures, appendix 3) but do not start the calibration routine. 3. Remove right rear base plastic cover to allow access to LED board. Caution: Machine is on. <p>CAUTION: Current is active!!</p> <ol style="list-style-type: none"> 4. Locate LED D on the motor controller board. LED may be lit or unlit. 5. Manually advance the treadle with your foot, and check if LED D is blinking. 6. If LED D is not blinking, then the speed sensor is not supplying a signal. Check that the speed sensor is connected securely to P1 on the motor controller. If sensor is connected and LED D still does not flash replace sensor.
	I/O cables	If LED D is flashing when the belts are turning but err LS or OS persists check connections and for signs of visible damage to any of the three I/O cables. If no visible damage check continuity using a multi-meter. If a multi-meter is not available replace all three cables.

ELECTRICAL AND MECHANICAL TROUBLESHOOTING GUIDE

Condition/Problem	Things to Check	Solution
	Electronics	If all I/O cables are functioning properly, LED D indicates speed sensor is functioning, and err LS or OS persists problem is in either the upper electronics board or the motor controller board. With machine on check LED A on the controller board. If it is dimly lit replace upper electronics (000-4430). If it is not lit at all replace motor controller.
Floors Climbed Display not updating.	Size of steps taken	In order for a step to register, the pedals must pass each other completely. This ensures that the magnet on the Step passes the step sensor. Make sure treadles are not locked in treadmill mode and that they are moving enough to register a step.
	Step sensor	<ol style="list-style-type: none"> 1. Cycle power off and on 2. Put the machine in calibration mode (see Calibration procedures, appendix 3) but do not start the calibration routine. 3. Remove right rear base plastic cover to allow access to LED board. <p>CAUTION: Machine is on. Current is active!!</p> <ol style="list-style-type: none"> 4. Locate LED C on the motor controller board. LED may be lit or unlit. 5. Manually manipulate the treadles up and down and check if LED C is blinking. 6. If LED C is not blinking, then the step sensor is not supplying a signal. Check that the step sensor is connected securely to P2 on the motor controller. If sensor is connected and LED C still does not flash replace sensor.
	I/O cables	If LED C is flashing when the treadles are moved but steps are still not being counted check connections and for signs of visible damage to any of the three I/O cables. If no visible damage check continuity using a multi-meter. If a multi-meter is not available replace all three cables.

ELECTRICAL AND MECHANICAL TROUBLESHOOTING GUIDE

Condition/Problem	Things to Check	Solution
Console keys wont function	Operation	Verify that correct steps are being followed from Owner's Manual operation steps.
	Cable connections	Remove back cover from console and verify that all cable connections are secure.
	ROC keypad cable	Remove ROC keypad and inspect cable for damage. If any damage is evident replace cable. If no damage evident replace both ROC keypad and cable.
	Console	If above steps do not resolve the problem repare overlay or complete console.



WARNING

ALWAYS TURN OFF THE FITNESS MACHINE AND UNPLUG THE POWER CORD FROM THE WALL OUTLET BEFORE REMOVING OR INSTALLING PARTS TO AVOID THE RISK OF ELECTROCUTION, SHOCK OR MECHANICAL INJURY.

TC5300 and TC6000 Diagnostics

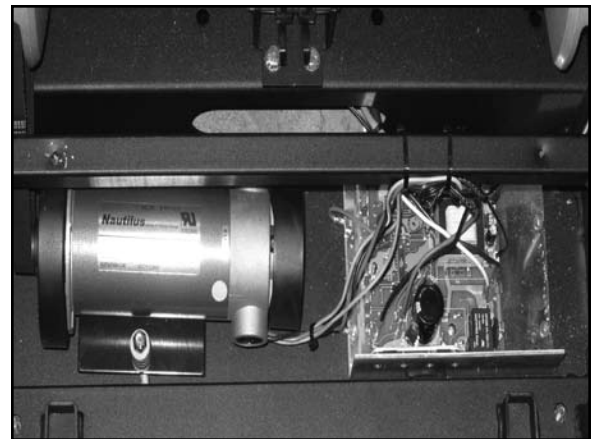
HOW TO ACCESS THE LED BOARD

It is possible that you will need to be able to locate the Lower LED Board during service on a TreadClimber® fitness machine.

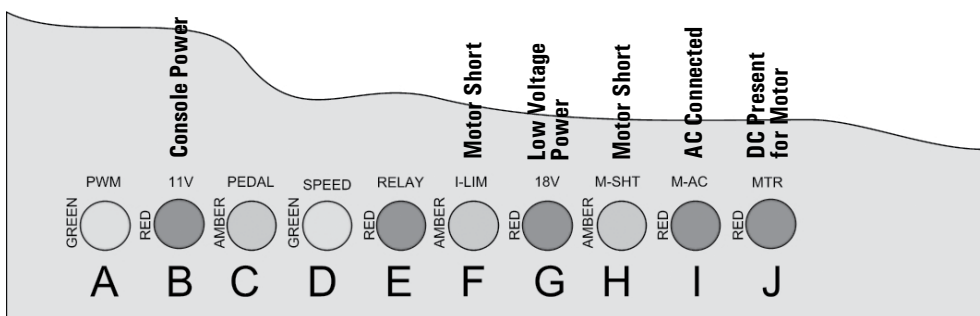
The TC5300 /TC6000 Lower LED Board is located beneath the Rear Step Cover. Follow the directions on the next page to access the LED Board for diagnostics.



With Removed Rear Step Cover



Lower LED Board



Lower LED Board Lights

Tools Needed:

- Phillips Screwdriver
- 1/2 inch wrench

NOTE: If using a powered driver, it must be on the "LOW TORQUE" setting, otherwise it will strip screws.



WARNING

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Step 1 Unplug machine from wall outlet.

Step 2 Wait 5-minutes after unplugging machine to ensure there is no residual power.

Step 3 Remove right rear base decal. See Figures 1.

Step 4 Remove right rear base plastic cover (3 screws). See Figure 2 and 3.

Step 5 Refer to the LED Diagnostic chart on the following pages to diagnosis LED lights.

Figure 1:



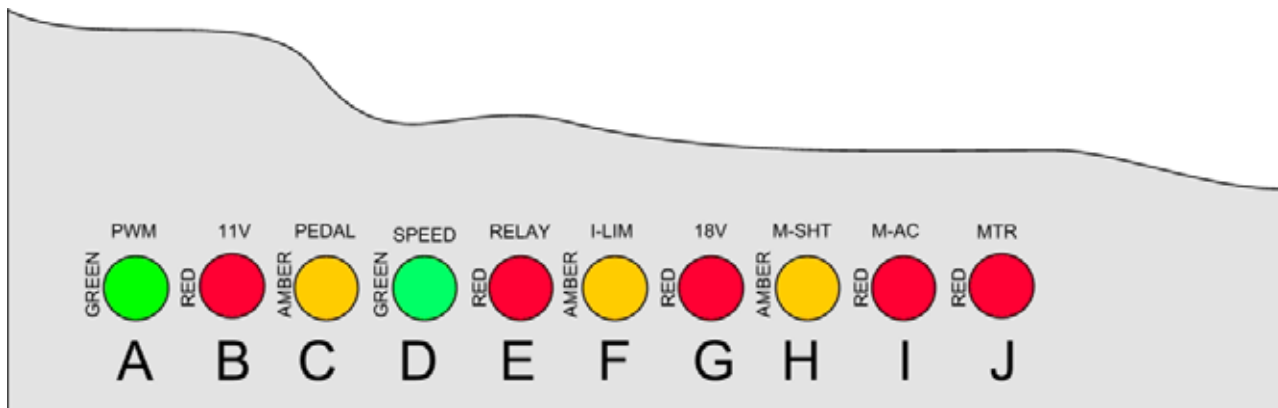
Figure 2:



Figure 3:



LED DIAGNOSTICS



The function of each LED is as follows:

- A** - Turns on when the incoming Pulse Width Modulation (PWM) signal is logical high. The LED will seem to become brighter as the incoming PWM approaches 100% because it is flashing at a greater rate than the human eye can see. This LED is speed sensitive, and will be on when the motor is turning.
- B** - Turns on when the voltage regulator on the transformer secondary attached to Chassis Ground that supplies the control panel outputs power. This indicates that the low voltage transformer is working and implies that there is enough power to turn the control panel on and that the “cold” side electronics are active. This LED should always be on when the lower board is active.
- C** - Flashes each time the magnet passes the step sensor. This indicates that the pedal sensor is working and communicating with the motor controller. Does not indicate that the control panel is receiving the pedal feedback. This LED will also be on when treadles are parallel.
- D** - Flashes each time a magnet passes the speed sensor. This indicates that the speed sensor is working and communicating with the motor controller. Does not indicate that the control panel is receiving the speed feedback. This LED will also flash when you manually advance the treadle belt.
- E** - Lights when the control panel commands the relay to turn on. This indicates that power is present at the relays to energize them. It implies that the motor controller and the control panel are communicating. If safety key is in, and power is on this LED should be lit.
- F** - Turns on when the current flowing through the motor reaches the circuit set maximum. This indicates that the system is loaded to or beyond its capacity. This LED is normally off.
- G** - Turns on when the transformer secondary that is attached to power ground outputs power. This indicates that the low voltage transformer is working and implies that the “hot side” control electronics are active. If the machine is plugged in and turned on this LED should be lit.

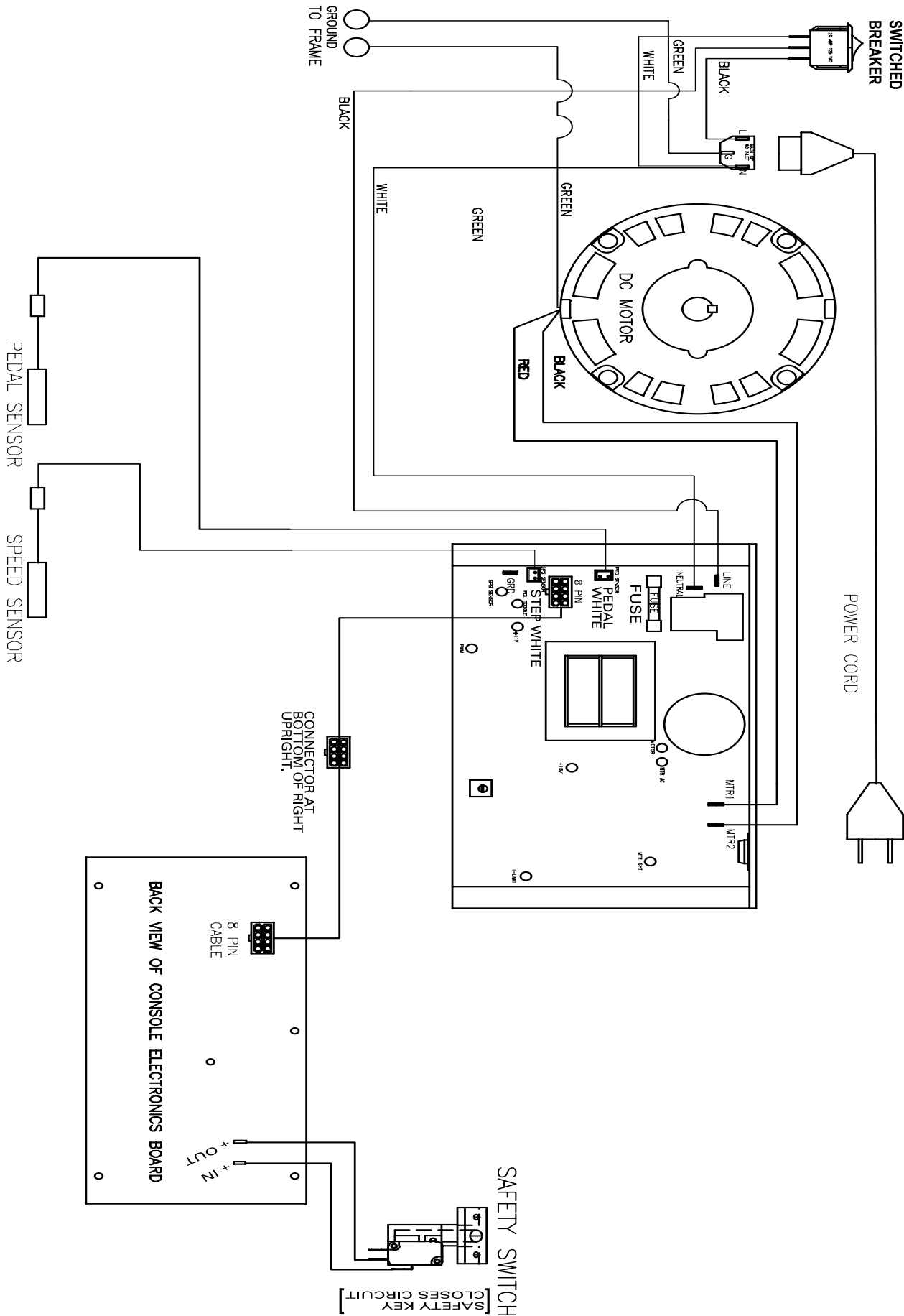
H - Turns on when excessive current passes through the FET. This LED implies that there is a short in the motor or motor wiring. **Note: This is a WARNING light!!**

I - Turns on when AC power passes the relay and begins to charge the large capacitors. This indicates that the relay has energized correctly. Power button on console is on.

J - Turns on dimly when power is first applied and becomes bright when the large capacitors are charged. When the LED is bright this indicates that the motor controller is ready to power the motor. This LED light stays on briefly after the machine is unplugged. Once the light goes out, this indicates that all charge has died.

OPERATING MODE	ON LED'S
Unit plugged into outlet	B, G, J
Prior to pushing "Power" button	C will be on if steps are parallel
Unit plugged into outlet	B, E, G, I and J
"Power" button enabled	C will be on if steps are parallel
Unit plugged into outlet	B, E, G, I and J
"Power" enabled and steppers	C will blink if treadles are moving
Unit plugged into outlet	A, B, C, E, G, I and J
"Power" enabled, steps parallel, speed set to 1 MPH	A may be dim, D will blink on/off
FAILURE MODE	ON LED'S
Over current condition	A, B, E, F, G and I
Shorted Motor	A, B, E, G, H and I

APPENDIX 1 - WIRING SCHEMATIC



TC 110V SCHEMATIC

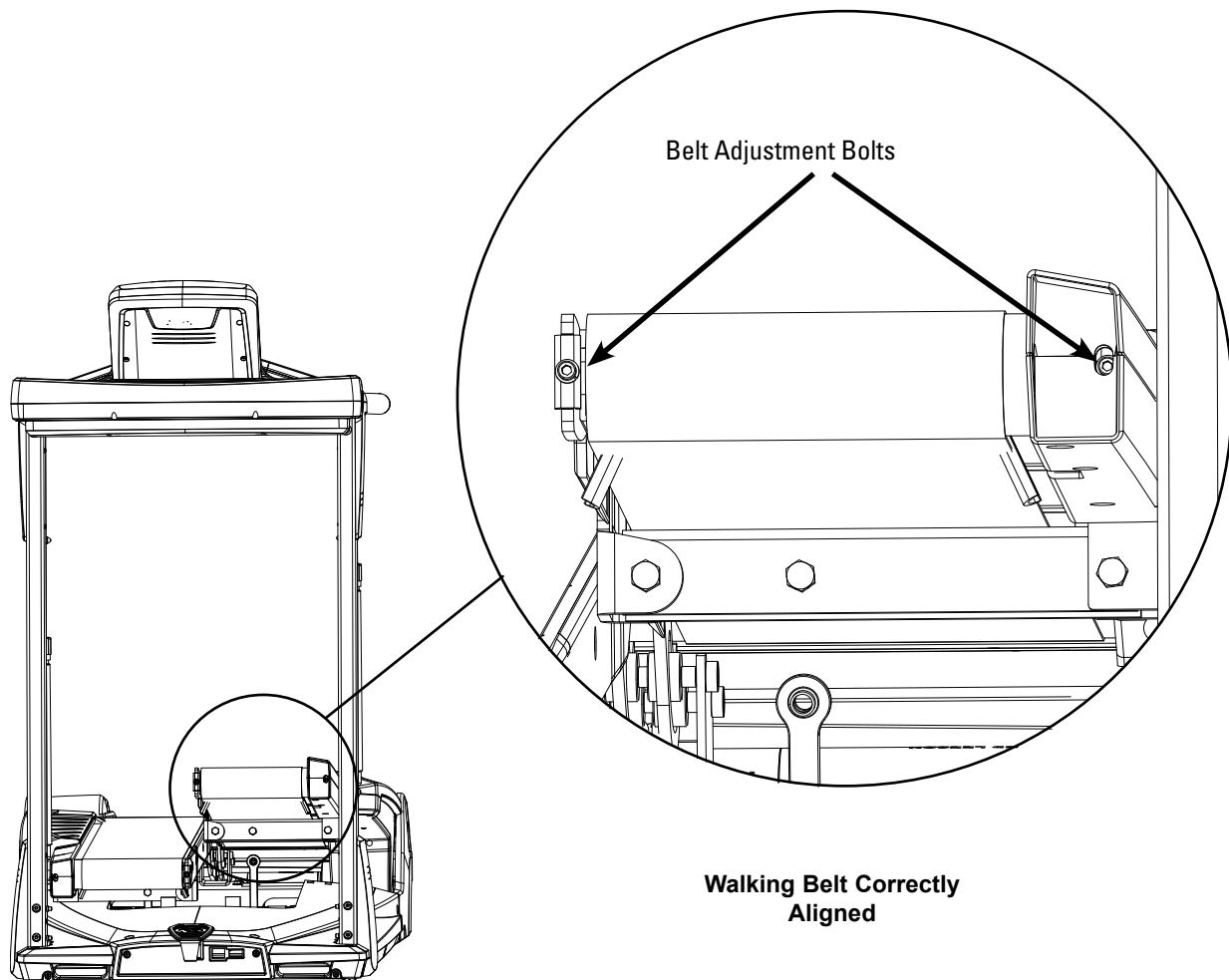
APPENDIX 2 - WALKING BELT ADJUSTMENT

Walking Belt Adjustment

If either of the walking belts seem to be tracking excessively to one side or the other, adjustments can be made at the front roller of each treadle.

Misalignment Test and Resolution

Visual Test – Standing beside the unit, set the speed at 2 MPH (3.2 KPH). Standing in front of the unit you will see adjustment bolts on each end of each front roller. If the belt is tracking too far to the right, tighten the right adjustment bolt on that roller using the provided hex key in full turn increments to realign belt. If the belt seems to be tracking too far to the left, do the same thing on the left adjustment bolt for that roller.



NOTE: Belts should not be so tight that you cannot get your hand under them when machine is turned off and unplugged.

Calibration Procedure

You will need to re-calibrate the TreadClimber® fitness machine in the event of a power outage or if you have replaced any electronic component on the machine.

DO NOT STEP ON THE BELTS DURING THIS ENTIRE PROCESS.

TO CALIBRATE:

1. Plug the machine into an outlet and turn on the power (in Owner's Manual see Page 24: Turning on the Power).
2. Stand on the side foot support platforms or rubber floor mat, **DO NOT STAND ON THE BELTS.**
3. Insert the Safety Key into the magnetic holder on the console display.
4. The console display will show "CAL ... PRSS ... STRT", press the START key. This will start the calibration procedure.


If the power has been turned on before and the display does not show "CAL ... PRSS ... STRT", press the POWER key on the console to turn the console power off (the display should be blank). Then press the ENTER and DOWN SPEED keys simultaneously until "CAL ... PRSS ... STRT" is displayed.

NOTE: During the calibration procedure, the belts will start and stop and the displays will show various numbers that relate to calibration - DO NOT INTERRUPT CALIBRATION.

5. At the end of the Calibration Procedure the display will show "CAL ... PASS". Press the POWER key on the console to exit the Calibration Mode.

NOTE: If your console display does not finish the calibration procedure by displaying "CAL ... PASS" proceed to the Electrical and Mechanical Troubleshooting Guide.

When the Bowflex® TreadClimber® fitness machine has completed calibration, you may begin your workout.



WARNING

FAILURE TO CALIBRATE YOUR MACHINE PRIOR TO USE COULD RESULT IN MACHINE FAILURE AND COULD CAUSE INJURY.

FAILURE TO RE-CALIBRATE YOUR MACHINE AFTER REPLACING ANY ELECTRONICS PRIOR TO USE COULD RESULT IN MACHINE FAILURE AND COULD CAUSE INJURY.

DURING THE ENTIRE CALIBRATION PROCEDURE, STAND ON THE SIDE FOOT SUPPORT PLATFORMS OR RUBBER MAT ONLY, **DO NOT STAND ON THE WALKING BELTS!**

APPENDIX 4 - WALKING BELT AND DECK LUBRICATION

Walking Belt and Deck Lubrication

The TreadClimber® fitness machine is equipped with a pre-lubricated, low maintenance deck and belt system. Belt friction may affect the function and life of the TreadClimber® fitness machine. For the best results from your TreadClimber® fitness machine, always remember to lubricate the treadles periodically with a *silicone lubricant*, using the following instructions:

1. Turn off and unplug the TreadClimber® fitness machine completely from the wall outlet, and remove the power cord from the incoming power plug.
2. While the TreadClimber® fitness machine's treadle surfaces are warm (not hot), apply a very thin layer of silicone lubricant directly onto the treadle beneath each belt—gently lift each side of the belt and apply a few drops of the lubricant.



WARNING

ALWAYS UNPLUG THE POWER CORD FROM THE WALL OUTLET BEFORE REMOVING OR INSTALLING PARTS TO AVOID THE RISK OF ELECTROCUTION, SHOCK OR MECHANICAL INJURY.



CAUTION

ALWAYS USE A SILICONE-BASED LUBRICANT. NEVER USE A LUBRICANT LIKE WD-40® ON THE BOWFLEX® TREADCLIMBER® FITNESS MACHINE, AS THIS COULD SERIOUSLY IMPACT PERFORMANCE.

3. Plug the TreadClimber® fitness machine back into the machine base and then into wall outlet.
4. Stand to one side of your TreadClimber® fitness machine on the rubber mat.
5. Turn on your TreadClimber® fitness machine, and start the belts at the slowest speed. Let the belts run for approximately 15 seconds.
6. Turn off your TreadClimber® fitness machine.
7. Take care to wipe up any excess lubricant from the treadles and your rubber floor mat.

NOTE: To reduce the possibility of slipping, be sure the treadle area is free from lubricant. Wipe off any excess lubricant from the machine surfaces.

We recommend that you use Silicone Spray, available at most Hardware and Auto Parts stores. Avoid lubricants with petroleum distillates.

If you need assistance, please have both the serial number of your machine and the date of purchase available when you contact the appropriate Nautilus office listed below.

OFFICES IN THE UNITED STATES:

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- **MANUFACTURING FACILITY**
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Fax: 903-877-4113
- **CORPORATE HEADQUARTERS**
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Vancouver, Washington, USA 98683
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INTERNATIONAL OFFICES:

For technical assistance and a list of distributors in your area, please call or fax one of the following numbers.

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For more information about our TreadClimber® or other Bowflex® equipment for your home, visit www.TreadClimber.com or www.Bowflex.com.

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